



## New for 2016

### MSM (Modern Stress Management) Foundation Course



MSM (Modern Stress Management) Foundation 1 day course gives us the pathway out of stress and into Success!

This is NOT another EFT course but can include EFT techniques for changing Energy states.

MSM is about making people aware of how changes in their Energy states affect their performance and discovering natural ways to flow beautifully and logically out of stress and into success.

The course is in 4 units.

Unit 1: You will learn how to measure and manage stress

Unit 2: You will learn how to energise your life

Unit 3: You will learn to de-stress other people

Unit 4: You will look forward to a new energized future

No pre- requisites! Suitable for everyone- even children as young as 10 years!

The fee for this course is 150 Euros which includes a standard membership to the GOE (Guild of Energists) which has many benefits. You will also receive a beautiful manual and attendance certificate. 40 Euro deposit required 4 weeks before course date

More details from Lorna Firth : +357 99479426 email: [lfirth@cytanet.com.cy](mailto:lfirth@cytanet.com.cy)

***Book this course as a gift to yourself. You will love it and the skills it brings you to manage your energy, life and emotions.***

Attend in person or the course can be available on Skype.



**THE GUILD OF ENERGISTS**  
[www.GOE.ac](http://www.GOE.ac)